

	Longevity/ Sleep	20 mg	2 ml	2 mg	20	PM	Daily	20 days, 3x/year	
DSIP	Sleep	5 mg	2 ml	250 mcg	10	30 mins to 1 hr before bed	5 days on 2 day off	8 weeks on, 8 off	3
FOXO4-DRI	Longevity	10 mg	2 ml	1 mg	20	AM	5 days on 2 day off	2 weeks, 2-3x/year	1
Thymosin Alpha1	Immunity	10 mg	2 ml	1.5 mg	30	AM	5 days on 2 day off	8 weeks on, 8 off	6.5
LL-37	Immunity	5 mg	2 ml	125 mcg	5	AM	5 days on 2 day off	50 days, 4 off	1
VIP	Immunity	5 mg	3 ml	50 mcg	5	AM/PM	5 days on 2 day off	8 weeks on, 8 off	1
KPV	Immunity	10 mg	2 ml	500 mcg	10	AM	5 days on 2 day off	8 weeks on, 8 off	2
NAD+	Longevity Energy Mitochondria	500 mg	5 ml	50 mg	50	AM	5 days on 2 day off	As needed	4
SS-31	Longevity Mitochondria	10 mg	2 ml	500 mcg	10	AM	5 days on 2 day off	8 weeks on, 8 off	4
Glutathione	Longevity Detox	600 mg	3 ml	150 - 200 mg	75-100	AM	1-2x/week	As needed	Dose dependent
ENERGY + MITOCHONDRIA SUPPORT									
Peptide	Purpose	Vial mg	BAC	Dosage	Units	Timing	Frequency	Duration	Vials Needed
NAD+	Longevity Energy Mitochondria	500 mg	5 ml	50 mg	50	AM	5 days on 2 day off	As needed	4
5 Amino 1 MQ	Fat Loss Energy Mitochondria	10 mg	2 ml	500 mcg	10	AM	5 days on, 2 off	8 to 10 week on 8 to 10 weeks off	2
SS-31	Longevity Mitochondria	10mg	2 ml	500 mcg	10	AM	5 days on 2 day off	8 weeks on, 8 off	4
MOTS-C	Fat Loss Energy Mitochondria	10 mg	2 ml	1 mg	20	AM	5 days on, 2 off	8 weeks on, 8 off	2
MENTAL HEALTH + MOOD SUPPORT									
Peptide	Purpose	Vial	BAC	Dosage	Units	Timing	Frequency	Duration	Vials Needed
NA-Semax Amidate	Depression	10 mg	2 ml	1 mg	20	morning + mid-day	3 days a week as needed	10-14 days on, then 7+ days off	1 vial = 10 doses
NA-Selank Amidate	Anxiety	10 mg	2 ml	1 mg	20	morning + mid-day	3 days a week as needed	10-14 days on, then 7+ days off	1 vial = 10 doses
Oxytocin	Sexual Health	2 mg	2 ml	50 mcg	5	AM	As needed	As needed	1
SEXUAL HEALTH									
Peptide	Purpose	Vial	BAC	Dosage	Units	Timing	Frequency	Duration	Vials Needed
PT-141	Sexual Health	10 mg	2 ml	500 mcg	10	30 mins before sex	As needed	As needed	1
Oxytocin	Sexual Health	10 mg	10 ml	50 mcg	5	AM	As needed	As needed	1
Kisspeptin	Sexual Health	5 mg	2 ml	125 mcg	5	1 hr before bed	Daily	30 on, 30 off	

Disclaimer:

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